

Fifth Grade Students Who Were Overweight or Obese, by Selected Demographics, Maine, 2011

	Obese			Overweight		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	2,761	23.8	21.2 - 26.4	2,274	19.6	17.9 - 21.4
Gender						
Male	1,623	27.2	23.7 - 30.7	1,091	18.3	15.8 - 20.8
Female	1,138	20.3	17.7 - 22.8	1,183	21.1	18.7 - 23.4
Race **						
American Indian or Alaska Native	60	31.3	17.6 - 45.1	43	22.5	12.5 - 32.5
Asian	12	22.6	9.7 - 35.5	8	14.2	0.0 - 28.7
Black or African American	41	23.6	9.0 - 38.2	30	17.4	8.9 - 25.8
Hispanic	41	34.2	19.9 - 48.4	27	22.2	9.6 - 34.8
Native Hawaiian or Other Pacific Islander	10	68.5	25.4 - 100.0	1	6.7	0.0 - 20.8
White	2,125	24.1	21.5 - 26.7	1,754	19.9	17.9 - 21.9
Multiple races	42	18.3	10.9 - 25.6	54	23.8	16.6 - 31.0
Public Health District						
Aroostook	128	25.9	19.1 - 32.6	89	18.1	13.4 - 22.7
Central Maine	412	25.8	20.9 - 30.7	398	24.9	19.1 - 30.7
Cumberland	415	21.8	16.2 - 27.3	303	15.9	11.5 - 20.3
Downeast	224	30.3	24.2 - 36.4	164	22.2	18.3 - 26.1
Mid Coast	224	19.3	13.5 - 25.0	193	16.6	10.3 - 22.8
Penquis	457	31.4	24.8 - 37.9	305	20.9	16.8 - 25.0
Western Maine	461	23.6	18.5 - 28.8	381	19.5	15.8 - 23.3
York	318	16.5	13.7 - 19.3	356	18.4	17.4 - 19.4

Data Source: Maine Integrated Youth Health Survey.

Based on measured height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

Sixth graders were not included in the Measurement of heights and weights.

Data not available for county level data due to survey sample size.

** All racial categories are non-hispanic except for "Hispanic."

**Weight Status According to Body Mass Index, Adults Ages 18 years and Older,
by County and Public Health District, Maine, 2010**

	Healthy Weight					Overweight					Obese				
	n	N	%	LCL	UCL	n	N	%	LCL	UCL	n	N	%	LCL	UCL
Maine Total	2,623	355,609	35.6	34.1	37.1	2,902	366,919	36.7	35.3	38.1	2,212	276,987	27.7	26.4	29.0
US	NA	NA	NA	NA	NA	NA	NA	36.2	NA	NA	NA	NA	27.5	NA	NA
County															
Androscoggin	172	28,360	39.0	32.9	45.1	161	25,433	35.0	29.1	40.8	139	18,947	26.0	21.2	30.9
Aroostook	131	23,247	34.5	27.1	41.8	172	24,107	35.8	29.5	42.0	154	20,077	29.8	24.2	35.4
Cumberland	499	69,346	38.4	35.0	41.8	520	74,681	41.3	37.9	44.7	266	36,745	20.3	17.6	23.1
Franklin	79	8,000	32.1	23.3	40.8	107	8,592	34.4	27.6	41.3	89	8,363	33.5	26.2	40.8
Hancock	144	17,904	37.5	31.2	43.9	133	16,901	35.4	29.4	41.5	95	12,902	27.0	21.2	32.9
Kennebec	213	31,549	37.4	32.4	42.5	217	28,433	33.7	29.1	38.4	179	24,284	28.8	24.3	33.3
Knox	142	11,059	35.1	29.2	40.9	141	11,425	36.2	30.2	42.2	110	9,052	28.7	23.0	34.4
Lincoln	122	10,030	32.2	25.9	38.5	151	13,594	43.7	36.9	50.4	86	7,500	24.1	18.4	29.8
Oxford	112	19,044	41.8	33.7	50.0	113	14,930	32.8	26.0	39.6	86	11,543	25.4	19.0	31.7
Penobscot	190	30,031	30.9	26.2	35.6	221	33,918	34.9	30.2	39.5	229	33,285	34.2	29.7	38.8
Piscataquis	59	4,436	25.3	18.5	32.1	75	6,532	37.2	29.0	45.4	65	6,583	37.5	28.9	46.1
Sagadahoc	89	10,351	34.4	25.9	42.8	117	12,592	41.8	33.8	49.8	71	7,173	23.8	16.6	31.1
Somerset	88	11,767	29.0	21.9	36.1	118	15,322	37.8	30.7	44.9	100	13,465	33.2	26.3	40.1
Waldo	136	12,876	38.9	31.7	46.1	128	11,551	34.9	28.4	41.4	109	8,697	26.3	20.8	31.7
Washington	105	9,025	32.2	25.2	39.2	116	8,918	31.8	25.7	37.9	122	10,082	36.0	29.5	42.4
York	283	49,066	35.0	30.5	39.6	338	50,557	36.1	32.0	40.3	264	40,382	28.8	24.9	32.8
Public Health District															
Aroostook	131	23,247	34.5	27.1	41.8	172	24,107	35.8	29.5	42.0	154	20,077	29.8	24.2	35.4
Central	301	43,316	34.7	30.6	38.9	335	43,756	35.1	31.2	39.0	279	37,749	30.2	26.5	34.0
Cumberland	499	69,346	38.4	35.0	41.8	520	74,681	41.3	37.9	44.7	266	36,745	20.3	17.6	23.1
Downeast	249	26,928	35.6	30.8	40.3	249	25,819	34.1	29.7	38.5	217	22,983	30.3	26.0	34.7
Midcoast	489	44,315	35.2	31.7	38.7	537	49,163	39.0	35.6	42.5	376	32,421	25.8	22.7	28.8
Penquis	249	34,467	30.0	25.9	34.2	296	40,450	35.2	31.1	39.4	294	39,868	34.7	30.7	38.8
Western	363	55,404	38.7	34.4	43.0	381	48,956	34.2	30.3	38.1	314	38,853	27.1	23.7	30.6
York	283	49,066	35.0	30.5	39.6	338	50,557	36.1	32.0	40.3	264	40,382	28.8	24.9	32.8

Source: Behavioral Risk Factor Surveillance System

Healthy weight is a BMI between 18.5 and 25, Overweight is a BMI between 25.1 and 30, Obese is a BMI over 30; based on self-reported height and weight.

n = unweighted number of adults (numerator); N = weighted number of adults (weighted numerator)

LCL = Lower 95% confidence limit of the weighted percentage; UCL = Upper 95% confidence limit of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust

**Weight Status According to Body Mass Index, Adults Ages 18 years and Older,
by Selected Demographics, Maine, 2010**

	Healthy Weight					Overweight					Obese				
	n	N	%	LCL	UCL	n	N	%	LCL	UCL	n	N	%	LCL	UCL
Sex															
Female	1818	213,524	42.4	40.4	44.3	1491	152,231	30.2	28.5	31.9	1312	137,947	27.4	25.7	29.1
Male	805	142,086	28.7	26.3	31.0	1411	214,688	43.3	41.0	45.6	900	139,040	28.0	26.0	30.1
Age															
18-24	117	67,119	62.2	54.8	69.5	47	22,540	20.9	14.8	26.9	38	18,281	16.9	11.3	22.5
25-34	178	48,919	34.5	29.8	39.2	164	50,286	35.4	30.6	40.3	146	42,737	30.1	25.5	34.7
35-44	329	54,940	32.6	29.4	35.8	347	64,117	38.0	34.6	41.4	286	49,525	29.4	26.2	32.6
45-54	519	64,799	31.8	28.8	34.9	601	79,771	39.2	36.3	42.1	467	58,921	29.0	26.3	31.6
55-64	562	50,067	28.7	26.5	31.0	718	66,730	38.3	35.8	40.7	636	57,590	33.0	30.6	35.4
65+	898	68,455	34.3	32.2	36.3	1010	82,107	41.1	38.9	43.2	632	49,248	24.6	22.8	26.5
Education															
Did not graduate High School	136	19,942	32.3	25.7	38.9	188	21,357	34.6	28.9	40.2	179	20,505	33.2	27.4	39.0
Attended College or Technical School	641	90,109	35.1	32.1	38.2	708	96,498	37.6	34.7	40.6	573	69,774	27.2	24.7	29.7
Graduated High School	760	106,710	31.8	29.1	34.6	959	116,622	34.8	32.4	37.2	871	111,776	33.4	30.9	35.8
Graduated from College or Technical School	1084	138,645	40.1	37.7	42.6	1044	132,268	38.3	35.9	40.6	586	74,621	21.6	19.6	23.6
Income															
Less than \$15,000	264	29,893	33.0	27.1	38.9	274	26,846	29.6	24.9	34.3	341	33,951	37.4	32.3	42.6
\$15,000 to less than \$25,000	416	48,245	32.3	28.4	36.1	493	55,540	37.1	33.3	40.9	414	45,753	30.6	27.2	34.0
\$25,000 to less than \$35,000	257	31,314	31.6	27.2	36.1	299	36,068	36.4	32.2	40.7	271	31,581	31.9	27.8	36.0
\$35,000 to less than \$50,000	360	49,057	33.7	29.9	37.5	417	54,513	37.5	33.8	41.1	321	41,938	28.8	25.5	32.1
\$50,000 or more	987	147,362	36.9	34.6	39.3	1122	157,045	39.4	37.1	41.6	658	94,632	23.7	21.8	25.7

Source: Behavioral Risk Factor Surveillance System

Healthy weight is a BMI between 18.5 and 25, Overweight is a BMI between 25.1 and 30, Obese is a BMI over 30; based on self-reported height and weight.

n = unweighted number of adults (numerator); N = weighted number of adults (weighted numerator)

LCL = Lower 95% confidence limit of the weighted percentage; UCL = Upper 95% confidence limit of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for

**Weight Status According to Body Mass Index, Adults Ages 18 years and Older,
by Race, Ethnicity, and Sexual Orientation, Maine, 2006-2010**

	Healthy weight					Overweight					Obese				
	n	N	%	LCL	UCL	n	N	%	LCL	UCL	n	N	%	LCL	UCL
Race and Ethnicity															
American Indian or Alaskan Native only, non-Hispanic	71	13,012	26.8	20.0	33.6	109	19,961	41.1	33.2	49.0	84	15,538	32.0	24.4	39.6
Black only, non-Hispanic	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Hispanic	122	25,320	41.5	34.2	48.8	100	21,724	35.6	28.4	42.8	90	13,970	22.9	17.5	28.3
Multiracial, non-Hispanic	105	17,875	34.6	27.8	41.3	111	16,333	31.6	25.5	37.7	128	17,527	33.9	27.6	40.1
Other	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	28	5,724	14.4	8.0	20.9
White only, non-Hispanic	11,296	1,801,064	37.5	36.7	38.2	11,591	1,774,893	36.9	36.2	37.7	8,221	1,228,728	25.6	24.9	26.2
Sexual Orientation															
Heterosexual or straight	10,855	1,744,024	36.5	35.7	37.2	11,584	1,793,785	37.5	36.8	38.2	8,263	1,241,778	26.0	25.3	26.6
Homosexual or gay or lesbian	165	25,067	35.9	30.0	41.8	170	26,554	38.0	31.7	44.3	129	18,260	26.1	20.9	31.4
Bisexual	104	25,100	48.8	40.2	57.3	65	11,859	23.0	16.3	29.8	73	14,504	28.2	20.8	35.5
Other	DNR	DNR	DNR	DNR	DNR	67	7,581	40.4	30.6	50.2	35	4,934	26.3	16.9	35.6

Source: Behavioral Risk Factor Surveillance System

Healthy weight is a BMI between 18.5 and 25, Overweight is a BMI between 25.1 and 30, Obese is a BMI over 30; based on self-reported height and weight.

n = unweighted number of adults (numerator); N = weighted number of adults (weighted numerator)

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DNR = data not reliable. Data is suppressed if the confidence interval is greater than 20 percentage points.

Weight Status According to Body Mass Index, Adults Ages 18 years and Older, by Year, Maine, 2000-2010

Year	Healthy Weight					Overweight					Obese				
	n	N	%	LCL	UCL	n	N	%	LCL	UCL	n	N	%	LCL	UCL
2000	1,804	382,095	42.8	40.2	45.3	1,607	329,970	36.9	34.5	39.4	911	181,317	20.3	18.3	22.3
2001	898	362,372	40.2	37.9	42.5	888	359,865	40.0	37.7	42.2	467	178,460	19.8	18.0	21.6
2002	920	370,461	40.1	37.8	42.4	838	357,622	38.7	36.5	41.0	499	195,039	21.1	19.2	23.0
2003	912	384,772	40.8	38.5	43.1	848	366,897	38.9	36.6	41.2	464	191,191	20.3	18.4	22.1
2004	1,281	373,248	38.0	36.0	40.0	1,293	374,987	38.2	36.2	40.2	789	233,414	23.8	22.0	25.6
2005	1,430	381,717	39.3	37.4	41.3	1,368	365,245	37.6	35.7	39.5	895	224,150	23.1	21.5	24.7
2006	1,456	388,665	39.3	37.4	41.3	1,391	367,608	37.2	35.3	39.1	917	231,608	23.4	21.9	25.0
2007	2,335	361,223	36.0	34.4	37.5	2,482	385,297	38.4	36.8	39.9	1,670	257,674	25.7	24.3	27.0
2008	2,333	373,584	37.3	35.7	38.8	2,396	365,696	36.5	35.0	38.0	1,711	262,922	26.2	24.9	27.6
2009	2,629	347,791	34.9	33.5	36.4	2,924	381,129	38.3	36.8	39.8	2,120	266,307	26.8	25.5	28.1
2010	2,623	355,609	35.6	34.1	37.1	2,902	366,919	36.7	35.3	38.1	2,212	276,987	27.7	26.4	29.0

Source: Behavioral Risk Factor Surveillance System

Healthy weight is a BMI between 18.5 and 25, Overweight is a BMI between 25.1 and 30, Obese is a BMI over 30; based on self-reported height and weight.

n = unweighted number of adults (numerator); N = weighted number of adults (weighted numerator)

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NA = Not available

Food Insecurity by Year, Maine, 1999-2010

Year	Households Reporting Food Insecurity [*]	
	Average %	90% Margin of Error
1999-2001	9.4	±1.07
2002-2004	9.8	±0.97
2005-2007	13.3	±1.49
2008-2010	15.4	±1.27
US 2008-2010	14.6	±0.23

^{*} "Food insecure—At times during the year, these households were uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they had insufficient money or other resources for food. Food-insecure households include those with low food security and very low food security." (Source: http://www.ers.usda.gov/briefing/foodsecurity/stats_graphs.htm, accessed 4/18/12)

Note: Food insecurity data are not available by demographic groups for Maine.

Data Sources: Economic Research Service, U.S. Department of Agriculture.

Household Food Security in the United States, 2001 (<http://www.ers.usda.gov/publications/fanrr29/fanrr29.pdf>, accessed 4/18/12),

Household Food Security in the United States, 2004 (<http://www.ers.usda.gov/publications/err11/err11.pdf>, accessed 4/18/12),

Household Food Security in the United States, 2007 (<http://www.ers.usda.gov/Publications/ERR66/ERR66.pdf>, accessed 4/18/12), and

Household Food Security in the United States in 2010 (<http://www.ers.usda.gov/Publications/ERR125/ERR125.pdf>, accessed 4/18/12).

Adults 18 Years and Over Who Consumed Five or More Servings of Fruits or Vegetables Per Day, by County and Public Health District, Maine, 2009

	Unweighted Number	Weighted Number	%	LCL	UCL
Maine Total	2,353	284,582	28.0	26.7	29.3
Nationwide (States and DC), 2009	NA	NA	23.4	NA	NA
County					
Androscoggin	122	17,924	24.7	19.8	29.7
Aroostook	103	12,759	21.4	16.7	26.1
Cumberland	445	65,328	33.0	29.7	36.4
Franklin	88	8,234	31.4	23.0	39.7
Hancock	125	14,339	28.4	23.2	33.6
Kennebec	191	22,903	25.1	20.9	29.3
Knox	137	10,725	30.2	24.7	35.8
Lincoln	130	10,466	33.7	27.6	39.8
Oxford	93	11,608	25.0	19.3	30.8
Penobscot	166	21,877	21.0	17.3	24.7
Piscataquis	51	4,607	31.0	21.7	40.4
Sagadahoc	105	8,689	28.3	22.1	34.4
Somerset	73	9,982	26.1	19.6	32.6
Waldo	114	8,445	28.3	22.6	34.0
Washington	84	7,334	27.3	20.8	33.8
York	279	42,978	30.5	26.7	34.2
District					
Aroostook	103	12,759	21.4	16.7	26.1
Central	264	32,885	25.4	21.9	28.9
Cumberland	445	65,328	33.0	29.7	36.4
Downeast	209	21,673	28.0	23.9	32.1
Midcoast	486	38,324	30.2	27.2	33.1
Penquis	217	26,485	22.3	18.8	25.7
Western	303	37,766	26.0	22.6	29.5
York	279	42,978	30.5	26.7	34.2

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

**Adults 18 Years and Over Who Consumed Five or More Servings of Fruits or Vegetables Per Day,
by Selected Demographics, Maine, 2009**

	Unweighted Number	Weighted Number	%	LCL	UCL
Maine Total	2,353	284,582	28.0	26.7	29.3
Sex					
Female	1689	181,114	34.2	32.5	36.0
Male	664	103,468	21.2	19.4	23.1
Age					
18-24	55	27,749	24.8	18.5	31.0
25-34	147	37,472	26.4	22.1	30.6
35-44	298	46,982	26.7	23.7	29.6
45-54	486	57,483	27.1	24.7	29.5
55-64	563	48,184	28.1	25.8	30.3
65+	788	64,953	32.9	30.8	35.0
Education					
Did not graduate High School	101	12,368	21.7	16.7	26.8
Graduated High School	564	70,837	21.9	19.7	24.2
Attended College or Technical School	586	74,482	27.1	24.4	29.7
Graduated from College or Technical School	1099	126,491	35.1	33.0	37.2
Income					
Less than \$15,000	212	19,646	22.7	18.6	26.9
\$15,000 to less than \$25,000	338	36,075	27.7	24.2	31.3
\$25,000 to less than \$35,000	233	25,655	25.5	21.7	29.4
\$35,000 to less than \$50,000	329	38,660	25.7	22.6	28.8
\$50,000 or more	965	130,912	31.0	29.0	33.1

Data Source: Behavioral Risk Factor Surveillance System

Based on respondents' report of the past seven days, includes 100% fruit juice.

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

**Adults 18 Years and Over Who Consumed Five or More Servings of Fruits or Vegetables Per Day,
by Race, Ethnicity and Sexual Orientation, Maine, 2007 & 2009**

	Unweighted Number	Weighted Number	%	LCL	UCL
Race and Ethnicity					
American Indian or Alaskan Native only, non-Hispanic	DNR	DNR	DNR	DNR	DNR
Black only, non-Hispanic	DNR	DNR	DNR	DNR	DNR
Hispanic	DNR	DNR	DNR	DNR	DNR
Multiracial, non-Hispanic	66	9,498	37.3	28.5	46.0
Other	DNR	DNR	DNR	DNR	DNR
White only, non-Hispanic	4,180	545,952	28.1	27.1	29.1
Sexual Orientation					
Heterosexual or straight	4,176	550,543	28.1	27.2	29.1
Homosexual or gay or lesbian	70	10,335	34.6	25.8	43.4
Bisexual	DNR	DNR	DNR	DNR	DNR
Other	DNR	DNR	DNR	DNR	DNR

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

DNR = data not reliable. Data is suppressed if the confidence interval is greater than 20 percentage points.

**Adults 18 Years and Over Who Consumed Five or More Servings of Fruits or Vegetables Per Day,
by Year, Maine 2003, 2005, 2007, 2009**

Year	Unweighted Number	Weighted Number	%	LCL	UCL
2003	671	272,064	27.0	25.0	29.0
2005	1,154	289,650	28.7	27.0	30.4
2007	2,031	296,177	28.6	27.2	30.0
2009	2,353	284,582	28.0	26.7	29.3

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

NA = Not available

High School Students Who Were Overweight or Obese, by County and Public Health District, Maine, 2011

	Obese			Overweight		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	6,791	12.9	12.1 - 13.8	8,341	15.9	15.2 - 16.6
County						
Androscoggin	563	13.5	10.5 - 16.4	819	19.6	17.4 - 21.8
Aroostook	416	14.7	12.3 - 17.1	436	15.4	12.5 - 18.3
Cumberland	1,106	9.6	7.9 - 11.3	1,541	13.4	11.7 - 15.0
Franklin	117	10.3	7.5 - 13.1	227	20.0	17.9 - 22.1
Hancock	233	12.9	10.4 - 15.4	255	14.2	8.6 - 19.7
Kennebec	684	14.8	13.3 - 16.3	846	18.3	16.6 - 20.1
Knox	252	20.1	16.4 - 23.8	203	16.2	13.3 - 19.1
Lincoln	^	^	^	^	^	^
Oxford	414	15.0	12.3 - 17.7	480	17.4	13.8 - 21.0
Penobscot	938	15.0	12.8 - 17.2	1,083	17.3	15.2 - 19.4
Piscataquis	151	18.9	8.3 - 29.5	106	13.3	8.5 - 18.0
Sagadahoc	275	18.4	14.4 - 22.3	210	14.0	10.6 - 17.5
Somerset	313	13.4	8.5 - 18.4	378	16.2	14.9 - 17.6
Waldo	185	16.8	11.1 - 22.4	200	18.1	13.6 - 22.6
Washington	179	14.0	11.6 - 16.5	198	15.6	12.1 - 19.0
York	903	11.6	9.2 - 14.0	1,214	15.6	14.0 - 17.2
Public Health District						
Aroostook	416	14.7	12.3 - 17.1	436	15.4	12.5 - 18.3
Central Maine	988	14.2	12.0 - 16.4	1,220	17.6	16.3 - 18.8
Cumberland	1,106	9.6	7.9 - 11.3	1,541	13.4	11.7 - 15.0
Downeast	412	13.4	11.6 - 15.3	454	14.8	11.1 - 18.6
Mid Coast	942	18.1	15.1 - 21.2	822	15.8	13.4 - 18.2
Penquis	1,085	15.4	13.1 - 17.6	1,190	16.9	14.9 - 18.8
Western Maine	1,103	13.7	11.7 - 15.7	1,519	18.8	17.0 - 20.7
York	903	11.6	9.2 - 14.0	1,214	15.6	14.0 - 17.2

Data Source: Maine Integrated Youth Health Survey.

Based on student report of height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

^ Results are not reported because weighted data are not available due to low response rates.

High School Students Who Were Overweight or Obese, by Selected Demographics, Maine, 2011

	Overweight			Obese		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	8,341	15.9	15.2 - 16.6	6,791	12.9	12.1 - 13.8
Gender						
Male	4,847	17.5	16.5 - 18.5	4,654	16.8	15.7 - 18.0
Female	3,494	14.1	13.1 - 15.0	2,137	8.6	7.8 - 9.4
Race **						
American Indian or Alaska Native	93	17.7	13.2 - 22.3	100	19.1	14.7 - 23.6
Asian	49	8.6	5.8 - 11.5	56	9.9	6.6 - 13.2
Black or African American	117	18.3	14.4 - 22.3	104	16.3	10.3 - 22.4
Hispanic	170	17.9	14.3 - 21.4	183	19.3	16.3 - 22.3
Native Hawaiian or Other Pacific Islander	22	19.1	9.9 - 28.3	25	22.3	12.5 - 32.0
White	7,327	15.8	15.0 - 16.5	5,820	12.5	11.7 - 13.4
Multiple races	113	17.8	14.2 - 21.3	124	19.4	15.0 - 23.8
Sexual Orientation						
Heterosexual	7,444	15.7	14.9 - 16.4	5,766	12.1	11.3 - 13.0
Gay/Lesbian	137	17.6	13.1 - 22.1	182	23.3	17.4 - 29.2
Bisexual	426	20.3	17.3 - 23.4	423	20.2	16.7 - 23.7
Not Sure	237	15.8	11.8 - 19.8	326	21.7	17.4 - 26.0

Data Source: Maine Integrated Youth Health Survey.

Based on student report of height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

** All racial categories are non-hispanic except for "Hispanic."

**Older Students Who Ate Fruits and Vegetables Five or More Times Per Day,
by County and Public Health District, Maine, 2011**

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	8,796	16.5	15.8 - 17.2	4,915	19.5	18.4 - 20.5
County						
Androscoggin	724	17.0	14.3 - 19.6	370	20.0	13.7 - 26.2
Aroostook	389	13.3	11.9 - 14.6	247	17.3	15.0 - 19.7
Cumberland	2,126	18.8	17.2 - 20.3	1,172	23.0	20.3 - 25.7
Franklin	202	17.2	10.7 - 23.8	^	^	^
Hancock	308	17.4	13.7 - 21.1	164	18.3	14.3 - 22.4
Kennebec	794	17.1	14.2 - 20.0	426	17.9	15.8 - 20.1
Knox	197	15.7	12.5 - 18.9	217	22.1	16.0 - 28.2
Lincoln	^	^	^	154	21.9	19.4 - 24.5
Oxford	424	14.9	13.0 - 16.7	206	15.2	13.1 - 17.2
Penobscot	920	14.2	11.9 - 16.5	484	17.7	15.0 - 20.4
Piscataquis	145	18.0	13.3 - 22.7	58	16.3	14.5 - 18.1
Sagadahoc	272	17.8	16.7 - 18.9	141	20.6	14.6 - 26.5
Somerset	382	15.3	13.8 - 16.8	225	17.1	14.3 - 19.9
Waldo	183	15.9	8.5 - 23.3	131	19.4	15.5 - 23.2
Washington	175	13.5	12.3 - 14.7	129	23.0	16.4 - 29.5
York	1,266	15.8	14.0 - 17.7	724	17.7	15.1 - 20.3
Public Health District						
Aroostook	389	13.3	11.9 - 14.6	247	17.3	15.0 - 19.7
Central Maine	1,175	16.4	14.5 - 18.4	649	17.6	15.9 - 19.3
Cumberland	2,126	18.8	17.2 - 20.3	1,172	23.0	20.3 - 25.7
Downeast	492	16.1	13.5 - 18.7	289	19.9	16.5 - 23.3
Mid Coast	894	16.9	14.2 - 19.6	550	21.0	18.4 - 23.6
Penquis	1,066	14.6	12.6 - 16.6	541	17.5	15.2 - 19.8
Western Maine	1,343	16.2	14.4 - 18.0	694	18.4	15.1 - 21.7
York	1,266	15.8	14.0 - 17.7	724	17.7	15.1 - 20.3

Data Source: Maine Integrated Youth Health Survey. Middle school includes 7th and 8th grades.

Based on respondents' report of the past seven days, includes 100% fruit juice.

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

^ Results are not reported because weighted data are not available due to low response rates.

**Older Students Who Ate Fruits and Vegetables Five or More Times Per Day,
by County and Public Health District, Maine, 2011**

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI

**Older Students Who Ate Fruits and Vegetables Five or More Times Per Day,
by Selected Demographics, Maine, 2011**

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	8,796	16.5	15.8 - 17.2	4,915	19.5	18.4 - 20.5
Gender						
Male	4,430	16.7	15.9 - 17.5	2,487	19.7	18.6 - 20.7
Female	4,254	16.3	15.5 - 17.1	2,370	19.2	17.9 - 20.6
Race **						
American Indian or Alaska Native	103	18.7	16.0 - 21.5	88	22.0	18.7 - 25.3
Asian	116	19.2	15.9 - 22.6	44	26.6	21.8 - 31.3
Black or African American	107	17.7	15.3 - 20.0	48	24.3	19.6 - 28.9
Hispanic	225	21.2	18.7 - 23.6	94	23.3	19.9 - 26.7
Native Hawaiian or Other Pacific Islander	23	19.4	13.6 - 25.3	7	21.4	12.1 - 30.7
White	7,588	16.2	15.5 - 16.9	4,061	19.1	18.0 - 20.2
Multiple races	115	17.0	14.4 - 19.6	89	21.1	18.1 - 24.0
Sexual Orientation						
Heterosexual	7,883	16.4	15.7 - 17.1	NA	NA	NA
Gay/Lesbian	128	15.8	12.2 - 19.3	NA	NA	NA
Bisexual	336	15.2	13.5 - 16.9	NA	NA	NA
Not Sure	286	19.0	16.4 - 21.7	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey. Middle school includes 7th and 8th grades.

Based on respondents' report of the past seven days, includes 100% fruit juice.

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available. Sexual Orientation question was not asked on the middle school survey.

** All racial categories are non-hispanic except for "Hispanic."

Physical Activity Among Older Students, by County and Public Health District, Maine, 2011

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	23,821	43.5	42.2 - 44.9	13,102	50.7	49.3 - 52.1
County						
Androscoggin	1,820	41.2	37.2 - 45.1	829	43.1	38.7 - 47.6
Aroostook	1,228	41.3	36.9 - 45.6	740	52.1	47.6 - 56.5
Cumberland	5,301	45.8	42.4 - 49.2	2,718	51.8	48.4 - 55.3
Franklin	583	48.0	46.3 - 49.8	^	^	^
Hancock	826	45.6	40.2 - 51.1	454	50.0	45.5 - 54.5
Kennebec	2,130	44.2	39.8 - 48.5	1,197	49.8	46.5 - 53.1
Knox	512	40.0	34.7 - 45.2	315	53.0	47.5 - 58.5
Lincoln	^	^	^	423	58.0	52.9 - 63.2
Oxford	1,124	38.4	30.1 - 46.7	777	56.8	54.8 - 58.8
Penobscot	2,812	42.3	38.7 - 45.8	1,434	50.9	47.2 - 54.6
Piscataquis	408	49.0	40.4 - 57.5	196	52.2	40.8 - 63.5
Sagadahoc	661	42.3	37.4 - 47.2	360	50.8	43.8 - 57.9
Somerset	1,148	45.3	42.5 - 48.1	657	50.1	45.6 - 54.6
Waldo	513	43.8	42.7 - 45.0	367	53.1	49.4 - 56.9
Washington	615	47.4	43.2 - 51.7	286	50.0	42.4 - 57.7
York	3,431	41.7	38.5 - 44.9	2,007	48.0	43.5 - 52.6
Public Health District						
Aroostook	1,228	41.3	36.9 - 45.6	740	52.1	47.6 - 56.5
Central Maine	3,289	44.6	41.8 - 47.5	1,852	49.9	47.2 - 52.6
Cumberland	5,301	45.8	42.4 - 49.2	2,718	51.8	48.4 - 55.3
Downeast	1,437	46.3	42.4 - 50.1	737	49.9	46.0 - 53.8
Mid Coast	2,320	42.8	40.4 - 45.2	1,456	53.5	50.1 - 56.8
Penquis	3,223	43.0	39.9 - 46.2	1,627	51.0	47.5 - 54.6
Western Maine	3,507	41.0	37.1 - 44.9	1,913	49.4	46.0 - 52.7
York	3,431	41.7	38.5 - 44.9	2,007	48.0	43.5 - 52.6

Data Source: Maine Integrated Youth Health Survey. Middle school includes 7th and 8th grades.

Based on student report of physical activity for a total of at least 60 minutes per day on at least 5 of the last 7 days (Includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time)

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

^ Results are not reported because weighted data are not available due to low response rates.

Physical Activity Among Older Students, by County and Public Health District, Maine, 2011

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI

Physical Activity Among Older Students, by Selected Demographics, Maine, 2011

	High School			Middle School		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	23,821	43.5	42.2 - 44.9	13,102	50.7	49.3 - 52.1
Gender						
Male	13,173	48.5	47.0 - 49.9	7,176	55.0	53.3 - 56.7
Female	10,368	38.8	37.3 - 40.3	5,789	46.3	44.7 - 47.8
Race **						
American Indian or Alaska Native	223	39.1	35.7 - 42.6	207	50.9	47.5 - 54.3
Asian	212	34.6	30.9 - 38.4	73	43.5	37.9 - 49.1
Black or African American	222	34.8	31.0 - 38.7	98	47.5	42.0 - 53.0
Hispanic	428	38.2	36.0 - 40.4	200	47.8	44.2 - 51.4
Native Hawaiian or Other Pacific Islander	50	39.5	31.9 - 47.2	24	62.1	51.6 - 72.7
White	21,171	44.2	42.8 - 45.6	11,033	50.8	49.3 - 52.3
Multiple races	289	41.6	38.3 - 44.9	245	56.4	52.7 - 60.2
Sexual Orientation						
Heterosexual	22,224	45.2	43.8 - 46.6	NA	NA	NA
Gay/Lesbian	208	24.2	20.2 - 28.0	NA	NA	NA
Bisexual	592	26.3	23.4 - 29.2	NA	NA	NA
Not Sure	489	31.1	27.8 - 34.5	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey. Middle school includes 7th and 8th grades.

Based on student report of physical activity for a total of at least 60 minutes per day on at least 5 of the last 7 days (Includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time)

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available. Sexual Orientation question was not asked in the Middle School survey

** All racial categories are non-hispanic except for "Hispanic."

Kindergarten and Third Grade Students Who Were Overweight or Obese, by Selected Demographics, Maine, 2011

	Obese			Overweight		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	4,226	18.4	15.0 - 21.8	3,907	17.0	14.5 - 19.5
Gender						
Male	2,477	20.8	16.7 - 24.8	2,168	18.2	15.3 - 21.0
Female	1,750	15.8	12.7 - 19.0	1,739	15.7	12.2 - 19.3
Race **						
American Indian or Alaska Native	31	34.9	9.8 - 60.1	21	23.4	0.0 - 54.8
Asian	52	21.5	0.0 - 59.3	0	0.0	0.0 - 0.0
Black or African American	8	14.2	0.0 - 40.3	0	0.0	0.0 - 0.0
Hispanic	75	20.1	4.9 - 35.2	29	7.7	0.0 - 20.6
Native Hawaiian or Other Pacific Islander	0	0.0	0.0 - 0.0	0	0.0	0.0 - 0.0
White	3,674	17.7	14.5 - 20.9	3,624	17.5	14.6 - 20.4
Multiple races	242	22.2	9.4 - 35.0	172	15.8	10.2 - 21.3

Data Source: Maine Integrated Youth Health Survey.

Based on measured height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

Data not available by county or public health district due to survey design.

** All racial categories are non-hispanic except for "Hispanic."

**Younger Students Who Ate Fruits and Vegetables Five or More Times Per Day,
by Selected Demographics, Maine, 2011**

	5 & 6			K-3		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	6,368	25.9	24.6 - 27.2	6,609	26.1	24.3 - 27.9
Gender						
Male	3,012	24.1	22.3 - 25.8	2,877	22.5	20.8 - 24.2
Female	3,277	27.9	26.3 - 29.6	3,656	30.1	27.4 - 32.8
Race **						
American Indian or Alaska Native	84	24.1	18.5 - 29.6	19	21.5	0.0 - 52.3
Asian	52	42.4	29.1 - 55.7	83	27.9	13.4 - 42.4
Black or African American	131	42.5	33.9 - 51.0	68	64.3	36.6 - 91.9
Hispanic	93	36.7	26.6 - 46.8	115	20.4	0.2 - 40.6
Native Hawaiian or Other Pacific Islander	9	31.1	7.3 - 54.9	0	0.0	0.0 - 0.0
White	4,966	25.8	24.3 - 27.3	5,906	26.0	24.0 - 28.1
Multiple races	135	27.6	22.6 - 32.6	363	31.3	21.5 - 41.1
Public Health District						
Aroostook	333	25.5	21.8 - 29.1	NA	NA	NA
Central Maine	896	26.1	22.5 - 29.6	NA	NA	NA
Cumberland	1,509	29.6	26.2 - 33.0	NA	NA	NA
Downeast	333	23.5	19.9 - 27.2	NA	NA	NA
Mid Coast	683	26.1	22.6 - 29.6	NA	NA	NA
Penquis	730	23.9	19.5 - 28.4	NA	NA	NA
Western Maine	885	23.7	21.1 - 26.4	NA	NA	NA
York	1,107	28.1	24.8 - 31.3	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey

Based on respondents' report of the past seven days, includes 100% fruit juice.

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available. The sample size for the K/3 survey does not allow stratification by public health district. County level data is not available for either 5/6 or K/3

** All racial categories are non-hispanic except for "Hispanic."

Physical Activity Among Younger Students, by Selected Demographics, Maine, 2011

	5 & 6			K-3		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	13,406	51.1	49.2 - 53.0	19,850	73.8	71.9 - 75.6
Gender						
Male	7,208	53.7	51.4 - 55.9	10,499	76.4	73.5 - 79.4
Female	5,954	48.0	45.7 - 50.3	9,085	71.2	67.4 - 74.9
Race **						
American Indian or Alaska Native	190	48.7	42.0 - 55.3	69	76.7	41.4 - 100.0
Asian	56	43.3	32.7 - 54.0	190	63.9	27.1 - 100.0
Black or African American	157	45.8	39.0 - 52.5	34	31.2	0.0 - 69.2
Hispanic	146	55.8	47.4 - 64.1	398	67.2	41.1 - 93.3
Native Hawaiian or Other Pacific Islander	13	44.3	15.8 - 72.8	0	0.0	0.0 - 0.0
White	10,543	51.5	49.6 - 53.4	17,999	74.4	73.1 - 75.6
Multiple races	317	58.5	52.0 - 65.0	868	71.6	64.4 - 78.7
Public Health District						
Aroostook	714	50.2	46.6 - 53.9	NA	NA	NA
Central Maine	1,761	48.0	42.8 - 53.2	NA	NA	NA
Cumberland	2,794	51.4	46.4 - 56.3	NA	NA	NA
Downeast	786	51.0	47.4 - 54.7	NA	NA	NA
Mid Coast	1,528	54.5	50.8 - 58.2	NA	NA	NA
Penquis	1,537	47.9	45.1 - 50.6	NA	NA	NA
Western Maine	1,936	49.0	43.5 - 54.6	NA	NA	NA
York	2,335	55.5	50.1 - 60.9	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey.

Based on student report of physical activity for a total of at least 60 minutes per day on at least 5 of the last 7 days (Includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time)

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available. Sample size for the K-3 survey does not allow for stratification by public health district. County level data is not available for either 5/6 or K/3

** All racial categories are non-hispanic except for "Hispanic."

Middle School Students Who Were Overweight or Obese, by Selected Demographics, Maine, 2011

	Obese			Overweight		
	weighted number	%	95% CI	weighted number	%	95% CI
Total	2,805	15.5	14.1 - 16.9	3,632	20.1	18.6 - 21.6
Gender						
Male	1,814	18.8	16.7 - 20.9	2,118	21.9	20.0 - 23.9
Female	991	11.7	10.0 - 13.4	1,514	17.9	15.9 - 19.9
Race **						
American Indian or Alaska Native	44	15.1	7.3 - 22.8	71	24.2	16.5 - 32.0
Asian	13	12.7	4.4 - 21.0	19	17.8	7.7 - 27.9
Black or African American	32	24.0	15.0 - 33.0	40	30.1	16.6 - 43.7
Hispanic	54	18.7	13.8 - 23.5	67	23.1	15.5 - 30.7
Native Hawaiian or Other Pacific Islander	8	35.8	4.7 - 66.9	6	28.6	2.5 - 54.6
White	2,320	14.9	13.4 - 16.5	3,122	20.1	18.4 - 21.8
Multiple races	58	20.0	14.3 - 25.7	50	17.3	10.1 - 24.5

Data Source: Maine Integrated Youth Health Survey. Middle school includes 7th and 8th grades.

Based on student report of height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

Data is not available for county or public health district due to the middle school survey design

** All racial categories are non-hispanic except for "Hispanic."

^ Results are not reported because weighted data are not available due to low response rates.

Adults Ages 18 and Over Who Reported No Leisure Time Physical Activity in the Past Month, by County and Public Health District, Maine, 2010

	Unweighted Number	Weighted Number	%	LCL	UCL
Maine Total	1,968	234,609	22.5	21.2	23.7
County					
Androscoggin	130	18,176	24.0	19.0	29.0
Aroostook	178	25,195	36.4	29.5	43.3
Cumberland	230	28,404	14.9	12.6	17.2
Franklin	57	4,757	18.3	13.1	23.4
Hancock	92	12,181	24.0	18.5	29.6
Kennebec	141	18,820	21.6	17.6	25.7
Knox	86	6,880	21.2	15.9	26.6
Lincoln	90	7,282	22.8	17.3	28.3
Oxford	89	10,606	21.9	16.5	27.3
Penobscot	171	24,287	23.9	19.9	27.9
Piscataquis	42	2,886	16.1	10.7	21.4
Sagadahoc	61	5,803	18.7	13.0	24.4
Somerset	94	10,387	24.4	19.0	29.8
Waldo	104	9,017	25.7	19.9	31.5
Washington	112	9,569	32.0	25.0	39.0
York	220	32,241	22.2	18.4	26.0
District					
Aroostook	178	25,195	36.4	29.5	43.3
Central	235	29,207	22.5	19.3	25.8
Cumberland	230	28,404	14.9	12.6	17.2
Downeast	204	21,750	27.0	22.6	31.4
Midcoast	341	28,983	22.2	19.4	25.0
Penquis	213	27,173	22.7	19.2	26.2
Western	276	33,539	22.3	19.1	25.5
York	220	32,241	22.2	18.4	26.0

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

Adults With No Leisure Time Physical Activity in the Past Month, by Selected Demographics, Maine, 2010

	Unweighted Number	Weighted Number	%	LCL	UCL
Maine Total	1,968	234,609	22.5	21.2	23.7
Sex					
Female	1233	124,011	22.9	21.3	24.4
Male	735	110,599	22.0	20.0	23.9
Age					
18-24	38	18,090	15.8	10.3	21.3
25-34	87	29,016	19.5	15.5	23.6
35-44	216	37,068	21.2	18.4	24.0
45-54	348	43,945	20.4	17.7	23.2
55-64	484	43,958	24.3	22.1	26.5
65+	782	61,456	29.7	27.7	31.6
Education					
Did not graduate High School	225	23,297	35.2	29.6	40.7
Graduated High School	904	109,361	31.2	28.8	33.7
Attended College or Technical School	479	59,650	22.1	19.6	24.6
Graduated from College or Technical School	354	41,771	11.7	10.2	13.2
Income					
Less than \$15,000	361	33,965	35.7	30.4	41.0
\$15,000 to less than \$25,000	461	51,771	33.2	29.7	36.7
\$25,000 to less than \$35,000	233	28,482	27.8	23.8	31.8
\$35,000 to less than \$50,000	233	29,774	19.9	17.1	22.8
\$50,000 or more	401	57,314	13.9	12.2	15.6

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

**Percent of Adults 18 and Over Who Reported Leisure Time Physical Activity,
by Race, Ethnicity and Sexual Orientation, Maine, 2006-2010**

	Unweighted Number	Weighted Number	%	LCL	UCL
Race and Ethnicity					
American Indian or Alaskan Native only, non-Hispanic	88	14,360	28.8	22.0	35.5
Black only, non-Hispanic	23	3,948	15.8	7.8	23.8
Hispanic	71	13,345	20.9	15.3	26.6
Multiracial, non-Hispanic	88	11,806	22.2	16.8	27.6
Other	47	8,757	21.4	13.4	29.4
White only, non-Hispanic	7,567	1,067,763	21.5	20.9	22.1
Sexual Orientation					
Heterosexual or straight	7,522	1,068,399	21.3	20.7	21.9
Homosexual or gay or lesbian	98	13,737	19.1	14.4	23.9
Bisexual	62	12,768	23.2	15.4	31.1
Other	DNR	DNR	DNR	DNR	DNR

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

DNR = data not reliable. Data is suppressed if the confidence interval is greater than 20 percentage points.

**Percent of Adults 18 and Over Who Reported Leisure Time Physical Activity,
by Year, Maine, 2000-2010**

Year	Unweighted Number	Weighted Number	%	LCL	UCL
2000	1,195	256,808	27.2	25.0	29.4
2001	604	223,658	23.2	21.4	25.0
2002	650	254,924	25.8	23.9	27.7
2003	532	207,039	20.6	18.8	22.4
2004	786	221,653	21.5	19.9	23.1
2005	937	230,611	22.3	20.7	23.8
2006	903	219,348	20.9	19.4	22.4
2007	1,492	214,576	20.3	19.1	21.6
2008	1,659	239,723	22.8	21.6	24.1
2009	1,930	220,645	21.2	20.0	22.3
2010	1,968	234,609	22.5	21.2	23.7

Data Source: Behavioral Risk Factor Surveillance System

% = Weighted percentage of respondents

LCL = Lower 95% confidence level of the weighted percentage; UCL = Upper 95% confidence level of the weighted percentage

All percentages are weighted to be more representative of the population of Maine and to adjust for non-response.

Students Who Were Overweight or Obese, by Year and Grade, Maine, 2001-2011

High School				
Year	Overweight		Obese	
	%	95% CI	%	95% CI
2001*	14.4	11.6 – 17.6	10.4	8.5 – 12.5
2003*	14.6	12.5 – 16.9	12.8	10.8 – 15.2
2005*	14.4	12.2 – 17.0	10.9	9.2 – 13.0
2007*	13.1	10.9 – 15.6	12.8	10.4 – 15.7
2009	13.8	13.2 - 14.4	12.0	11.2 - 12.7
2011	15.9	15.2 - 16.6	12.9	12.1 - 13.8
US 2009*	15.8	14.7 – 17.0	12.0	10.9 – 13.1

Middle School				
Year	Overweight		Middle School	
	%	95% CI	%	95% CI
2009	15.6	NA	10.1	NA
2011	20.1	NA	15.5	NA

5th & 6th Grades				
Year	Overweight		Middle School	
	%	95% CI	%	95% CI
2009	17.7	NA	15.8	NA
2011	19.6	NA	23.8	NA

Data Source: Maine Integrated Youth Health Survey (2009-2011), Maine Youth Risk Behavior Survey (2001-2007), US. Youth Risk Behavior Risk Survey (US 2009)

*There are slight differences between methodologies between the Maine Integrated Youth Health Survey and the Maine Youth Risk Behavior Survey, and therefore the data from these difference sources may not be directly comparable. Middle school includes 7th and 8th grades.

Based on student report of height and weight. Overweight includes students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data. Obese includes students who were \geq 95th percentile for body mass index, by age and sex, based on reference data).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response. 95% CI = 95% Confidence Interval.

NA = not available. Data before 2009 and US comparisons are not available for Middle school or 5th/6th grades

Students Who Ate Fruits and Vegetables Five or More Times Per Day, by Year and Grade, Maine, 2001-2011,

Year	High School		Middle School		5th & 6th Grades	
	%	95% CI	%	95% CI	%	95% CI
2001*	25.0	21.4 – 29.0	NA	NA	NA	NA
2003*	22.6	20.2 – 25.0	NA	NA	NA	NA
2005*	18.9	16.7 – 21.4	NA	NA	NA	NA
2007*	20.4	17.5 – 23.6	NA	NA	NA	NA
2009	15.1	14.3 - 15.8	19.0	NA	26.6	NA
2011	16.5	15.8 - 17.2	19.5	NA	25.9	NA

Data Source: Maine Integrated Youth Health Survey (2009-2011), Maine Youth Risk Behavior Survey (2001-2007), US. Youth Risk Behavior Risk Survey (US 2009).
Middle school includes 7th and 8th grades.

Based on respondents' report of the past seven days, includes 100% fruit juice.

*There are slight differences between methodologies between the Maine Integrated Youth Health Survey and the Maine Youth Risk Behavior Survey, and therefore the data from these difference sources may not be directly comparable.

Based on students who reported eating fruits and vegetables five or more times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available

Physical Activity Among Students, by Year and Grade, US 2009 and Maine, 2007, 2009, and 2011

Year	High School		Middle School		5th & 6th Grades	
	%	95% CI	%	95% CI	%	95% CI
2007*	43.1	38.0 – 48.4	NA	NA	NA	NA
2009	36.8	35.5 – 38.0	47.7	NA	47.1	NA
2011	43.5	42.2 - 44.9	50.7	NA	51.1	NA
US 2009*	37	35.2 – 38.8	NA	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey (2009-2011), Maine Youth Risk Behavior Survey (2001-2007), US. Youth Risk Behavior Risk Survey (US 2009).
Middle school includes 7th and 8th grades.

Based on student report of physical activity for a total of at least 60 minutes per day on at least 5 of the last 7 days (Includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time)

*There are slight differences between methodologies between the Maine Integrated Youth Health Survey and the Maine Youth Risk Behavior Survey, and therefore the data from these difference sources may not be directly comparable.

Based on students who reported being physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available